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Housekeepers' Chat

Monday, July 15, 1939 U.S. Department of Agriculture

NOT FOR PUBLICATION

Subject: "How to Build a Camp Fire." Information from Forest Service. Menu and recipes from Bureau of Home Economics, U.S.D.A.

Leaflet available: "Lamb As You Like It."

---ooOoo---

Do you know that you can almost always identify a tenderfoot in the woods, by looking at his camp fire? That's what a forester in the United States Department of Agriculture told me.

The tenderfoot often builds a fire too big for his need, or for his convenience. He often builds it where it is likely to spread -- either in dry grass or shrubbery, or against a dead log that may smoulder after his party leaves, and then cause a destructive forest fire.

The tenderfoot's fire often does not ignite easily, or burn satisfactorily, because he has used poor judgment in selecting kindling material, and fuel.

I asked my forester friend what he considered a good camp fire for cooking. A good camp fire, he explained, is not so large that it cooks the cook, too. A bed of hot coals is usually better than a blaze, for cooking. The wise camper collects a few dry leaves and dead twigs, and starts his fire small, adding larger sticks only as the fire will kindle them promptly. If the woods are wet, it is usually possible to provide fuel by chopping off the surface of a dead log.

Never build a fire against a dead stump or log that may hold fire after you are through with it. Build the fire away from trees, and on bare ground or rocks. Dry grass, needles, or leaves should be scraped away within a radius of five feet or so of the fireplace. It is often a good idea to dig a shallow pit for the fire.

Above, all, the wise camper knows how to put out his fire, and makes certain it is completely extinguished before he leaves. Pour water on the embers, and stir them, to make sure no spark can rise. Then, for additional safety, toss on a few shovelfuls of dirt.

Perhaps it may interest you to know that in the last year, for which the Forest Service has records, more than twenty-five thousand forest fires were traceable to careless campers. Of course, many others could not be traced.

Our National Forests contain a great number and variety of fine camping places. Thousands of people visit the Forests each year, for their summer outings. No restrictions in camping are imposed by the United States Forest Service except those which a reasonably considerate camper would impose upon himself.

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Streams must not be polluted, and camps must be kept in sanitary condition, and left in good order. At many camp sites, the Forest Service provides tools to keep the camp clean, and to cover the camp fire with before leaving. These tools should be used, and afterwards replaced.

Burn all kitchen refuse in the camp fire; it will not affect the cooking. Burn everything -- coffee grounds, parings, bones, meat, even old tin cans -- for if thrown out anywhere, they may attract flies. Once burned, such refuse will not attract flies. If burning is impracticable, dig a hole for the refuse, and bury it.

Did you ever get lost in the woods, while camping in one of our national forests? Getting lost is not a serious matter, if you keep your head. Usually the worst that can happen is an uncomfortable night in the open. The realization that one is lost, however, often causes a panicky state of mind which may hurry one into difficulties, or even into accidents. Don't try to travel after dark. If you are lost, camp as comfortably as you can, as soon as night comes on, no matter how near to camp you think you are. You can always reach settlements by traveling down-stream. If the canyons are too difficult going, stick to the ridges.

If you are interested in national forest camping places, ask your local forest officers for information. They know the best hunting, fishing, and camping grounds. Maps of many of the national forests are published, showing in some detail the roads, trails, and streams, and giving information regarding distances, camping grounds, and so forth. These maps may be obtained free, from any Forest Service office.

Now, we'll have to come back from the National Forests, and see what the Menu Specialist suggests for dinner. Life is like that -- we can dream about forests and streams and mountain trails -- but usually there's a hungry family to put an end to our dreaming.

Let's give them Lamb Chops today -- juicy, golden brown Lamb Chops, with Lima Beans, New Zealand Spinach, Currant Jelly, and Lemon Ice.

If you have a copy of the Lamb Leaflet you know that on page four there is a picture of a dish of broiled Lamb Chops, garnished with parsley, which would tempt the most jaded appetite.

When you go to market, to buy your lamb chops, have them cut in uniform thickness, and have the fell, or thin papery outercovering, removed. To pan broil the chops, lay them in a heavy, sizzling hot skillet. Sear them quickly on both sides. Turn thick chops on edge, so as to brown the fat. Then reduce the heat, turn the chops frequently, and finish the cooking at low temperature. Do not add water, or cover the skillet. From time to time, pour off excess fat, so that the chops will be sure to broil, not fry. If preferred, with very thick chops, after searing slip a rack under them in the skillet, and finish the cooking in a moderately hot oven.

Place the broiled chops immediately on a hot platter, and be sure it is a hot platter. Add salt, pepper, and melted butter, and garnish with parsley or watercress.

1. The first part of the paper discusses the importance of the study.

2. The second part of the paper discusses the methodology used in the study.

3. The third part of the paper discusses the results of the study.

4. The fourth part of the paper discusses the conclusions of the study.

5. The fifth part of the paper discusses the implications of the study.

6. The sixth part of the paper discusses the limitations of the study.

7. The seventh part of the paper discusses the future research.

8. The eighth part of the paper discusses the acknowledgments.

9. The ninth part of the paper discusses the references.

10. The tenth part of the paper discusses the appendices.

11. The eleventh part of the paper discusses the index.

12. The twelfth part of the paper discusses the endnotes.

Now may I give you a recipe for Lemon Ice? Only five ingredients, for Lemon Ice:

3/4 cup lemon juice (from 5 to 6 lemons)
2-1/2 cups water
3/4 cup sugar, or more if desired
1/4 teaspoon salt, and
1 egg white.

The five ingredients again, for Lemon Ice: (Repeat)

Prepare a sirup of the water and sugar. Boil for two minutes. When cold, add the strained lemon juice and salt. Freeze with a mixture of one part of salt, to four to six parts of ice. Turn the crank slowly, until the mixture is partly frozen, then quickly add the beaten white of egg, and continue to turn the crank until the ice is firm. Remove the dasher, press the contents solidly into the can, cover with waxed paper and replace the top of the can. Pack with more ice and salt, and allow to stand an hour or more to ripen before serving.

The Menu Specialist suggests that Lemon Ice is very good served in half a cantaloupe, if you like something different in desserts.

To repeat the menu: Lamb Chops; Lima Beans; New Zealand Spinach, Currant Jelly, and Lemon Ice.

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